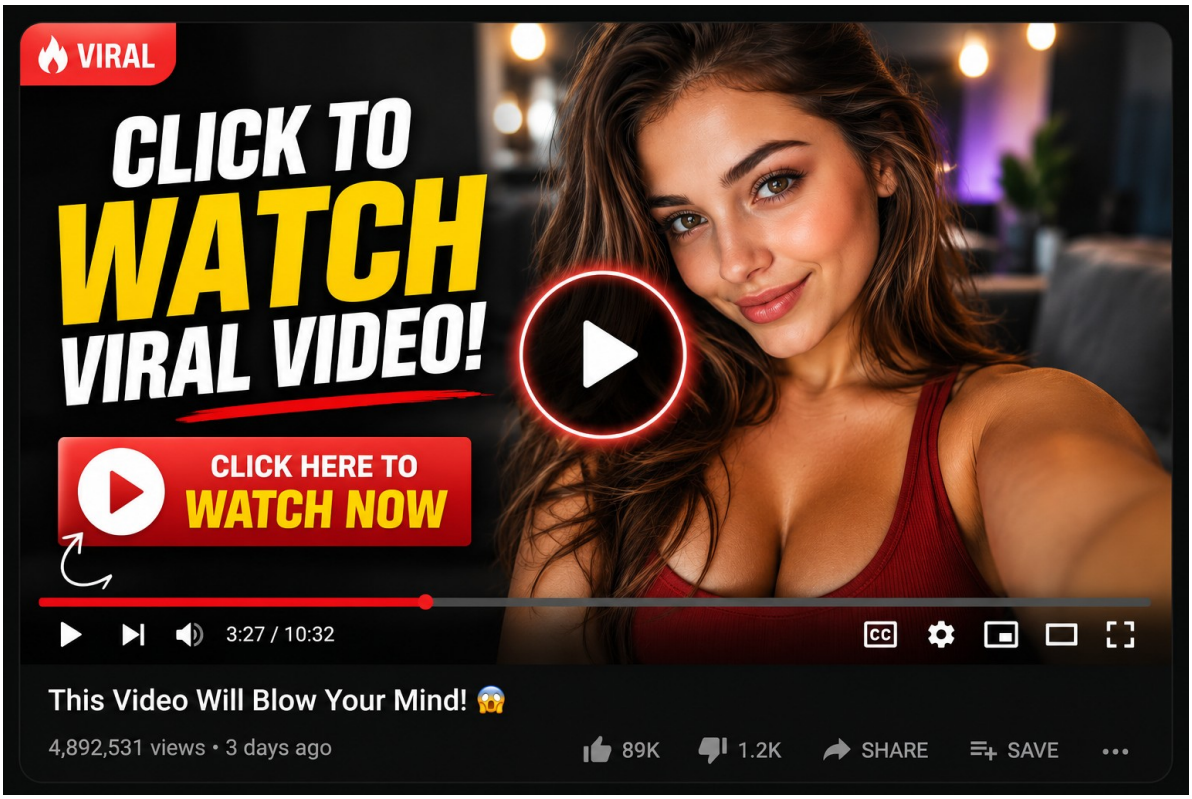# gold medalist viral video instagram viral video 19 minute 19 minutes viral video